

Summary of lectures on health--21.

on at a higher level, and the thyroid gland enlarges slightly. The breasts also begin to enlarge and to prepare to secrete milk. But the most conspicuous change is the increase in the size of the uterus, which during a period of about 280 days increases in size about 400 times. In the meantime, the development of the foetus, or child, is proceeding: when the union of the ovum and the sperm has been accomplished, the newly formed cell begins to divide very rapidly until a round mass of cells, the morula, results. A cavity makes its appearance in the interior of the morula, and from one side of this mass of cells, called the germinal area, the new individual begins to be formed. This germinative area splits into three layers of cells, the epiblast, the mesoblast, and the endoblast. From the epiblast are derived the skin and its appendages (including the mammary or breast glands), as well as the nervous system, the mouth and teeth, and the lower part of the rectum. From the mesoblast are derived the muscles, the bones, and the connective tissue; the kidneys, the organs of generation, the blood-vessels, blood and lymphatics. From the endoblast are derived the digestive tract and its glandular outgrowths (the liver, pancreas, etc.), besides the lungs and the bladder.

Respiration of the foetus: From the centre of its abdomen a cord of blood vessels (the umbilical cord) goes to a large sponge-like mass of tissue, called the placenta, which lies outside the fluid in which the foetus is resting, and is embedded in the mother's uterus. Finger-like processes go down to a nest of blood-vessels in the uterus, each of these finger-like processes or villi bearing a small vessel in the centre. In this way an exchange of gases between the mother's and the child's blood occurs: the mother's blood gives up oxygen, which is carried to the child's body and serves in place of breathing; and takes up carbon dioxide and other waste products and excretes them by her kidneys and lungs.

Labour, or the emptying of the uterus at the end of pregnancy, consists essentially of a series of muscular contractions of the uterus. These contractions cause cramps and are the pains of labour.

The Venereal Diseases.

There is no reason why gonorrhoea and syphilis should be treated under this section, except that in the great majority of cases they are acquired in the performance of the act of reproduction.

Gonorrhoea is caused by a paired germ, the gonococcus. It affects the mucous membrane of the genital tract in both sexes, causing a catarrhal discharge of pus. In males it affects particularly the urethral canal, but may extend backward to the base of the bladder and even into the testes. In the female it affects the vagina and the opening of the bladder. If a woman is infected at the time of confinement, the germ may get in the baby's eyes and cause blindness. It is one of the most serious and devastating of all diseases.

Prevention of Gonorrhoea: Prevention is possible, but public prevention will never be accomplished until prostitution, especially irregular prostitution, is abolished. Individual prevention may be accomplished by the instillation into the urethra of a 25% solution of argyrol within a few hours after a suspicious intercourse.

Syphilis is caused by an animal parasite, the spirochaeta pallida, a cork-screw-shaped animal which moves incessantly under the microscope. After infection the disease itself is usually divided into three stages. The initial change is characterized by the appearance of a sore, the chancre, which forms at the point of the entrance of the causative organism, the entrance being effected in some break of the skin. A chancre forms about six weeks after inoculation. By the time it forms, the spirochaeta has

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spread to all parts of the body. The second stage is a general eruption on the skin of the body and may be in the form of (a) faint pink or reddish splotches, (b) raised red lumps, or (c) raised lumps containing pus. This is the stage of highest infectivity. The third stage includes all the late manifestations: the breaking down of tissue may occur, the liver, the bones, the covering of the brain, the skin, and the spleen being favourite sites. In this stage, too, the blood-vessels, particularly, the aorta, may become affected.

The treatment of syphilis, if taken early enough, is quite satisfactory, for science today possesses certain drugs at its disposal which will kill the spirochaeta just as quinine kills the malarial parasite.

Individual prevention of syphilis is accomplished by using a 30% ointment of calomel smeared on the parts after suspicious contact. The public prevention of syphilis is identical with the public prevention of gonorrhoea.

The preceding lectures were arranged by:
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DEPARTMENT OF RECREATIONAL AND PHYSICAL EDUCATION.

GOVERNMENT OF BRITISH COLUMBIA.

ORGANIZATION OF HEALTH, PHYSICAL EDUCATION, AND RECREATION.

As a result of my survey of physical education and recreation in the Province of British Columbia, I very much deplore the fact that so little stress is laid upon these activities by the schools of this Province. I very much recommend that more emphasis be placed upon physical education and recreation and that there be a better proportion in regard to gymnasium and playground space compared to school room space, which is now existing.

In a statement which appeared not very long ago in an official report, it said that 90% of Canada's criminals were between the ages of 16 and 25. It is time that directed recreation was extended to a much higher degree. Although the Centres are doing their share, they should be supported by the municipalities and cities. Care should be taken that no overlapping takes place. Whatever activities are sponsored by the cities and municipalities should be co-ordinated with those of this Department.

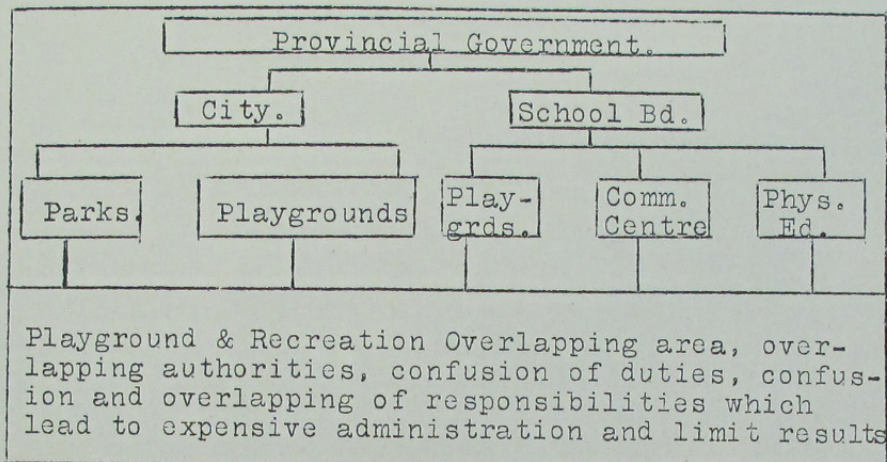
In the U. S. A., laws have been passed under the heading, "Recreation Legislation". In 1908, in Massachusetts, a playground law was passed requiring every city of 10,000 people accepting provisions of the Act, to maintain one playground and one additional one for every 20,000. In 1911, Minnesota passed a law authorizing a city having over 50,000 inhabitants to issue and sell bonds for children's playgrounds. In that same year, Pennsylvania passed two laws--1, To create Departments of Recreation in the cities of the first class in the state of Pennsylvania, and 2, To provide school playgrounds and the use of the school buildings for social recreation, and other purposes. 33 states of the U. S. A. have so far passed physical education laws making physical education compulsory in schools of these states.

When buildings decay, we can rebuild; when bridges collapse, we can rebuild them; when material things disintegrate, they can be reconstructed; but once the morale of individuals has broken down, there is a danger of its being gone forever. More than the stock market crash, more than lost fortunes, more than want and deprivation and hunger--this is the tragedy of depression.

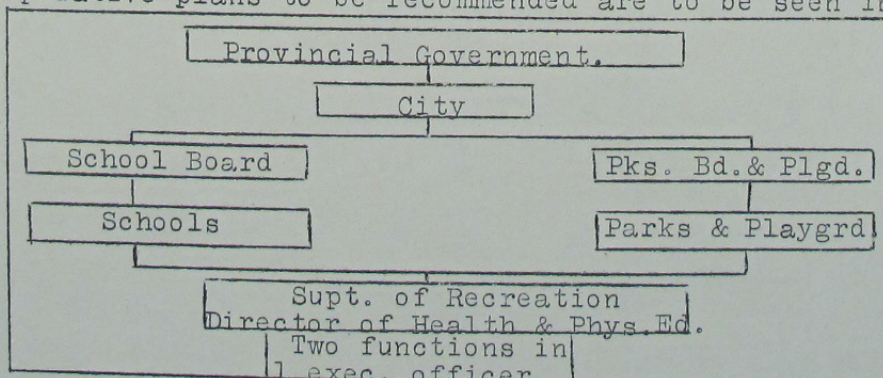
Schools, libraries, playgrounds, Recreation Centres,--these keep up the morale, and the unemployed are using them. Take them away, and what then? Governments are annually spending millions and millions of dollars on hospitals, penitentiaries, preventoriums, juvenile courts, etc., to try to cure what could, in many cases, have been prevented if part of the money had been spent on teaching people health, physical education, and personal hygiene, and creating recreation centres for the people.

Organization of Health, Physical Education, and Recreation--2.

In order to make the Government service as efficient as possible, all public, semi-public, and private organizations should cooperate to the fullest extent. There should be no conflict in responsibility for play and recreation. There should be no unnecessary duplication of work, as well as the neglect of some functions. Overlappings frequently lead to bitter controversies between separate authorities and increase the expenses. Two or more agencies often compete for the use of the same play area and invariably for the attendance of the same children. The duplication of facilities, the conflicts in authority, are not only wasteful but they prevent a sound and comprehensive development of recreational activities for all the people of the community. This confusion in function and competition in service is shown in Figure 1.



There is one way out of the difficulty. This is the cooperative arrangement between the Board of Education and the City Government, with respect to the administration of play and recreation in the community. The same sort of cooperative action has been worked out in health service. The City Government and the Board of Education can unite in the selection of one executive officer to administrate physical educational activities of school children on playgrounds, and recreational activities of pre-school and adult groups in parks, or on city or school property. There is experience back of this plan. Some cities have achieved notable success with it. Such a joint arrangement of combined administration will result in success. Cooperative plans to be recommended are to be seen in Figure 11.



Once the full cooperation of all civil, civic, and private organizations has been secured, recreation will succeed, and no overlappings and conflicts will harm the system.

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HANDBALL.
(Simplified Rules)

Standard Court: 4 walls and a ceiling; 22 feet in width, 46 feet in length, and 22 feet in height.

Scoring: 21 points constitute a game. Points are scored only when the server wins them; otherwise he loses his serve.

Serving: The server stands in the serving space between two lines. He must bounce the ball on the floor and strike it on the first bounce (if he misses the ball he is out)

To be in play the ball must hit the front wall and rebound across the "short" line (one of the two lines limiting the serving area, farther from the front wall) before striking the floor.

If a served ball does not rebound beyond the "short" line before touching the floor, it is termed a "short" ball; if it rebounds against the back wall or ceiling, it is also a "short" ball; if it rebounds against the two side walls before touching the floor, it is again "short"; finally, if the server steps over the short line while serving, it is considered "short".

Two "short" balls of any kind served in succession, put the server out. If the receiver attempts to play a "short" ball, it becomes "fair". It is optional with a player to accept a short ball. If a "short" ball is touched or stopped by the server or by his partner, the server is out.

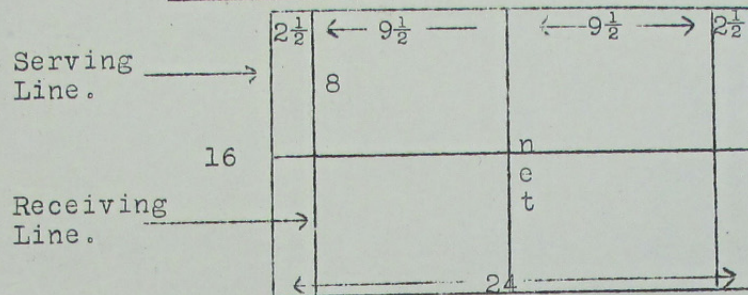
Receiving: The receiver may strike the ball on the first bounce or on the fly, but the ball must strike the front wall first. If the ball hits a player on its way back from the wall, it counts as a miss for this player. If a returned ball hits an adversary before hitting the front wall, it is declared out of play, and must be served over, without penalty to either side. Free and unobstructed opportunity to play the ball must be given everyone; otherwise a "hinder" is called, and the point replayed. Note: It is not a "hinder" when a player is interfered with by his partner. Kicking is not allowed in the 4-wall Handball game, but is allowed in the One-wall or Hard Ball game.

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NET QUOITS.

Size of Court: 24 ft. X 16 ft. Divided thus:



Height of net: 4 ft. 8 inches.

Size of Quoit: 7 inches (outside) diameter.

Scoring: Same as in Tennis.

Play: The quoit must be tossed with either an underhand or a horizontal movement of the arm or wrist; never thrown with a full arm downward motion.

The elbow may not be raised higher than the shoulder line, except when returning a "high one", which latter should be delivered with a wrist motion, and not an arm motion.

The quoit must be caught with one hand only (either hand), and must be returned across the net immediately from the point in the court where it was caught. That is, a player may not hold it, run with it, or make false delivery motions. Batting or hitting the quoit is not allowed.

The server stands with toes touching the service line on the outside of the server's own court, and may not advance until he has served.

The receiver stands with toes on the receiving line and may not advance until the quoit has left the server's hand.

One "net ball" is allowed in service, but not two in succession.

DEPARTMENT OF RECREATIONAL AND PHYSICAL EDUCATION.
CLAP DANCE.



CLAP DANCE.

(Klappdans).

(Swedish)

The music consists of two parts, A and B, of eight measures each, repeated. In fitting the steps to the music, each measure should be counted thus: "One, and, two, and."

The dance is done in couples around the room.

FORMATION: Partners stand side by side, the man on the left of the girl, holding her left hand in his right. The outside hand of each is placed on the hip.

(see Page two)

Clap Dance--2. (Miss Sanderson)

THE DANCE.

- A. (Meas. 1.) Beginning with the outside foot, partners polka forward, at the same time swinging the joined hands backward and turning slightly toward each other.
- (Meas. 2.) With the inside foot polka forward, at the same time swinging the joined hands forward and turning slightly away from partners.
- (Meas. 3-8) Continue to polka, swinging the arms back and forward.
- A. (Meas. 1-8) Partners dance "heel and toe" polka. At the end they release hands and come to a standstill, facing each other, with hands on hips.
- B. (Meas. 1.) In this position, partners bow to each other, the man making an ordinary bow, and the girl making a peasant's bobbing curtsey (touch right toe behind the left foot and bend both knees) (one, and); return to erect position (two, and).
- (Meas. 2.) Each dancer claps hands three times (one, and, two); pause (and).
- (Meas. 3-4) Same as meas. 1-2.
- (Meas. 5.) Partners clap right hands together once (one, and); each claps own hands once (two, and).
- (Meas. 6.) Partners clap left hands together once (one, and); each claps own hands once (two, and).
- (Meas. 7.) Partners each make a complete left about turn (one, and, two, and).
- (Meas. 8.) Partners, facing each other with hands on hips, make three stamps in place, beginning with the right foot, (one, and, two); pause (and).
- B. (Meas. 1-4) Repeat as in B (meas. 1-4) before.
- (Meas. 5.) Partners, with right elbow resting on the back of the left hand, shake the right forefinger at each other threateningly three times (one, and, two); pause (and).
- (Meas. 6.) Shake the left forefinger at each other in the same manner (one, and, two); pause (and).
- (Meas. 7.) Partners strike right palms together (one) and immediately each makes a complete left about turn (and, two, and).
- (Meas. 8.) Partners, facing each other, make three stamps in place, beginning with the right foot.

The dance is repeated as often as desired. When danced in a circle of couples, each time it is repeated each man steps back and takes the girl next behind as a new partner.

Anatomy - is a study of the structure of the body.

Physiology - is a study of the functions of the body.

Hygiene - is a study of the care of the body.

Physical Education Theory.

Teaching must be constructive, exercises in proper proportion, apparatus good.

There must be no fatigue or strain.

No apparatus used without instructor present.

"No accidents needed, "work perfectly prepared.

Object - to do as much good physically and mentally for as many people as possible.

Exercises - strength - 2

co-ordination - 4

ratio 2:4:7.

flexibility - 7

Swedish drill by command.

Gymnastic work - no don'ts but do's.

Don't correct individuals, correct a class.

Have a neat appearance.

Have lesson properly prepared.

Encourage weak ones.

Work hard & do your best.

Don't hold your class in a hard position.

Don't repeat expressions & don't be monotonous.

Be energetic & happy.

Five fundamental positions.

1) Stand (st.)

2) Lying (ly.)

3) Sitting (sitt.) (sitt'g)

4) Hanging (hng'g)

1st - wing stride stand.

wy. strd. st.

there are 2 positions not fundamental.
arms move first, legs second.

7 faults.

stiffness - flexibility

weakness - strength

awkwardness - co-ordination and agility.



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